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MOURNING A FALLEN MOUNTIE

Manitoba RCMP and Winnipeg police gathered outside RCMP headquarters on Portage Avenue on Monday afternoon to mourn the death of Alberta RCMP Const. David Wynn. A funeral for Wynn, who was shot and killed in the line of duty earlier this month, was held in St. Albert, Alta. For more on the funeral, turn to page 5. SHANE GIBSON/METRO

Carlton Inn site deal amended

Convention Centre expansion. True North to see competition for the hotel portion

BERNICE PONTANILLA
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The city's executive policy committee (EPC) has approved the deal involving the hotel portion of the Winnipeg Convention Centre expansion — but not before amending it to give potential developer True North Sports and Entertainment some competition.

This means construction company Stuart Olson will pay $3.75 million in damages instead of a $16-million payment "holdback" for not building a hotel at the site of the former Carlton Inn.

Representatives from the boards of the Convention Centre and CentreVenture spent Monday afternoon answering questions from Mayor Brian Bowman and councillors on EPC.

During the special meeting, it was revealed True North is the potential developer for the 220 Carlton St. site that CentreVenture president Angela Mathieson alluded to last week.

Despite pleas from CentreVenture to allow the option agreement with True North to play out, EPC voted unanimously to add an expression of interest component to the deal — which is slightly less strict than the request for proposals process.

"There's a lot of information that we still don't have access to, but we had to make the best decision under the current circumstances," said Bowman after the meeting, adding the "biggest challenge" they had was that CentreVenture's agreement with True North wasn't subject to council approval.

In a statement sent out to media, True North said "the property at 220 Carlton along with a number of other downtown properties contiguous to it are part of a broader land assembly package to the southwest of the MTS Centre and the northeast of the RBC Convention Centre currently under development review by True North and its partners."

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Olympian kept depression from even her own mother

Mental health. Clara Hughes says she didn't want to burden anyone

When Winnipeg Olympian Clara Hughes agreed to speak publicly for the first time in 2010 about her experience with depression, she wasn't sure anyone would care. But one of the people closest to Hughes didn't know about her struggle more than 10 years after she sought help.

"My mother found out on TV," said Hughes, 42.

Hughes, one of few athletes who have competed in both the Summer and Winter Olympics, became a spokesperson for Bell in 2010 when the company announced it was committing $50 million to mental-health initiatives.

"I had such a hard time with it that I didn't talk to her for three months after the campaign because I felt so bad that I hadn't told her," said Hughes.

A history of mental illness in her family is what kept Hughes from sharing her diagnosis with her mother. Hughes' sister suffered from bipolar disorder and depression, while her father struggled with addiction. With her mother trying to manage it all, Hughes said she didn't want to be a burden.

Quoted

"One of the biggest regrets that I have is not talking to my mom about it and letting her support me." Clara Hughes

While training as a cyclist in the mid-1990s, Hughes started to sink into depression, although she didn't call it that at the time.

When she finally sought support, it was there for her, but she realizes not everyone is so lucky. That's why she decided to speak up about her own struggle after hearing that Bell, a sponsor for many years, was launching a charitable campaign focusing on mental-health issues in 2010.

Clara Hughes said that her mom "found out on TV" that she had struggled with depression, when Hughes' Bell ads for mental-health awareness started airing. TORSTAR NEWS SERVICE FILE

She hopes having more public figures come forward with their experiences with mental illness will help more "real people" share their stories.

Last year, Hughes completed a cycling journey spanning 110 days and covering more than 11,000 kilometres across Canada to bring more attention to the issue. A documentary, Clara's Big Ride, will air Wednesday on CTV for Bell Let's Talk day.

TORSTAR NEWS SERVICE

Revised UNESCO bid submitted for boreal forest

Pimachiowin Aki spokesman William Young and Premier Greg Selinger. SHANE GIBSON/METRO

Manitoba is trying once again to get special UNESCO recognition for the boreal forest the province shares with Ontario.

The international world heritage committee deferred Canada's bid in 2013 and asked for a revised proposal for the area called Pimachiowin Aki, which means "the land that gives life." A coalition of the Manitoba and Ontario governments, as well as five First Nations, said it has done just that and will hand deliver the new 4,000-page nomination this week.

"We were surprised two years ago when UNESCO deferred their decision and told us they needed more information," said William Young, with Bloodvein First Nation and spokesman for Pimachiowin Aki. "But the second bid for our nomination we have today is far better."

The revised bid is scheduled to be considered next year.

UNESCO advisory groups have raised questions about whether the area is unique enough to warrant a designation as a world heritage site. A consultant's report done for the Pimachiowin Aki Corporation, the non-profit agency behind the UNESCO bid, predicted the remote region may attract fewer than 1,000 people a year.

The corporation argues the area should be designated both a cultural and natural heritage site which — if successful — would be the first of its kind in Canada.

THE CANADIAN PRESS

METRO IS ADDING SOME 'HUSTLE' TO ITS SPORTS

Metro Winnipeg welcomes TSN 1290's Andrew 'Hustler' Paterson to its sports writing team.

Look for his new weekly feature '**View from the 300's**' exclusively in Metro News!

Every Thursday beginning February 5th!

metro

A vehicle drives by at Portage and Main on Monday. Can pedestrians be integrated safely into the famous corner's design? SHANE GIBSON/METRO

Portage-Main legal opinions sought

Planning. Committee wants to know what the possible barriers are to reopening the intersection to pedestrians

BERNICE PONTANILLA
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The "complex dance" that is the reopening of Portage and Main to pedestrians will now be studied for its possible legal ramifications.

The city's downtown development committee voted Monday to have its public servants consider the legalities of making the famed intersection open to pedestrian traffic, which was shut down back in 1977.

Committee chairman Coun. Brian Mayes brought forward the motion "in consultation with the mayor's office," since it was one of Mayor Brian Bowman's campaign pledges.

"I would like to see it reopen, but, again, we need the legal opinions first," said Mayes, himself a lawyer.

"We're not going to have a half-million-dollar study ... then find out that one of the property owners has unilaterally invoked their right to keep the thing closed."

Mayes also has concerns about how a future rapid-transit route planned for Main Street would affect the intersection.

During Monday's meeting, there was a tense exchange between Coun. Jeff Browaty, who is staunchly against reopening, and Coun. Jenny Gerbasi, who's spent years advocating for the reopening.

Browaty said the city should "cease and desist" in its efforts to reopen the intersection.

Gerbasi, meanwhile, said this study is not a "frivolous exercise," since other major cities have found ways to have traffic and pedestrians co-exist at iconic intersections.

Brad Sacher, director of public works, reminded the committee that a previous report found that from the traffic department's perspective, the intersection should be kept as is.

"It's a complex dance," added Sacher.

$30K penalty for fire that created massive fireball

The owner of a biofuels company has admitted he didn't have the proper permits at the time of a fire that caused millions of dollars in damage to a Winnipeg neighbourhood.

Royce Rostecki of Speedway International has pleaded guilty to six City of Winnipeg bylaw charges.

He will have to pay almost $5,000 in fines — along with $25,000 for firefighting costs — after the judge accepted a joint recommendation from both sides.

The charges relate to highly flammable, combustible chemicals that were being stored in rail cars at the business.

One of those rail cars exploded in October 2012, sending a massive fireball into the sky above St. Boniface.

The fire burned for hours, caused widespread evacuations and resulted in an estimated $15 million in damage.

A massive fireball spewed over St. Boniface in October 2012. SHANE GIBSON/METRO

It also filled the entire Winnipeg skyline with thick black smoke.

The cause was deemed to be accidental.

Rostecki's lawyer, Gord Steeves, argued during sentencing that the fire was started by an "act of God" and that his client always worked to make sure the facility was safe.

Speedway International manufactured racing fuel and was destroyed when the rail car exploded.

Rostecki left court quickly and didn't respond to questions from media.

Deputy Fire Chief Bill Clark admitted it was a minor miracle no one was hurt.

"If one of these rail cars had launched, it could have gone anywhere," he said.

CJOB/THE CANADIAN PRESS

Headingley

Two women hurt in collision

Police say icy roads are to blame for a head-on crash in the RM of Headingley that sent two Winnipeg women to hospital early Monday.

Mounties were called to the scene after a car driven by a 62-year-old woman crashed into another car driven by a 26-year-old woman on PR 334 around 6 a.m.

Both women were taken to hospital with non-life-threatening injuries.

Alcohol was not a factor, and both drivers were wearing their seat belts.

The crash shut PR 334 between Bridge Road and the Trans-Canada Highway for about an hour.

METRO

Jackpot

Man wins $1M Lotto 6-49 prize

Winnipeg has a new millionaire.

Newton Dalton took home a cool $1 million after winning one of Lotto 6-49's guaranteed prize draw selections.

He said he initially thought he won $100,000. "I checked it at three different places because I was just baffled," he said in a press release.

Dalton, who bought the $19 ticket from Bargains Galore and Tobacco on Main Street, said he plans to pay for his truck and pay off some bills but will keep the rest for retirement.

"I want to be smart and keep the rest until I need it," he said. METRO

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TRANSIT TUESDAY

Weekly Transit News Update

NEW MILLENNIUM LIBRARY SERVICE CENTRE NOW OPEN

Winnipeg Transit's Millennium Library customer service centre, located at 251 Donald St. (corner of Graham and Donald), is now open. Service hours are Monday to Friday, 8:30 a.m. to 4:30 p.m.

WINNIPEG TRANSIT OFFERS REQUEST STOP SERVICE AFTER 7 P.M.

For your safety and convenience, Winnipeg Transit offers request stop service, which allows riders to get off the bus between regular stops. This service is available from 7 p.m. until the end of service. Just politely inform your operator at least one stop ahead of the requested stop — then exit at the front door only. Please keep in mind, the operator might not be able to accommodate your request due to road safety concerns.

THE COMMUNITY RELATIONS BUS

Since its inception in 1987, Winnipeg Transit's community relations bus has been providing non-profit organizations an opportunity to promote their activities/events to the citizens of Winnipeg.

Available at no cost and on a first come-first served basis, the community relations bus program offers free advertising to help promote the various events/services provided by these groups. Look for the community relations bus and help support this month's featured organizations. Visit winnipegtransit.com for more info. Are you interested in booking space for your non-profit organization on the community relations bus? Call 311.

CONVENIENT DART SERVICE

Try Dart, the "Dial-A-Ride Transit" service for residents living in selected areas of south and southeast Winnipeg. DART buses operate during off-peak hours only and are cellphone equipped. Call 204-287-3278 (BUS-DART) and speak directly to the bus operator to arrange pickup from your home to/from a transfer connection. Please call well in advance of your trip. All rides are scheduled on a first-come, first-served basis. Visit winnipegtransit.com or call 311 for more information.

DID YOU LOSE OR FIND SOMETHING ON THE BUS?

Call 311 or visit our Winnipeg Transit's lost property office at the downtown service Centre in Winnipeg Square.

Get lost in downtown Winnipeg by entering the Snow Maze

The Downtown Winnipeg BIZ, Winnipeg Arts Council and the Millennium Library present the second annual Snow Maze, and people are asked to come help build it on Feb. 7 and Feb. 8.

The maze will be built at the Millennium Library and Park from 11 a.m. to 5 p.m. on Feb. 7 and 1 p.m. to 4 p.m. on Feb. 8.

People are asked to bring warm clothing and their shovels and will be treated with games, crafts, stories and hot chocolate to warm up.

Excitement

"It's always great to see the community come together and create public art, but it's especially exciting to see Winnipeg come out and embrace wintertime."

Carol Phillips, executive director of the Winnipeg Arts Council

"It's always great to see the community come together and create public art, but it's especially exciting to see Winnipeg come out and embrace wintertime," said Carol Phillips, executive director of the Winnipeg Arts Council in a release.

"It's wonderful to see Millennium Library being used year-round as a space for public art."

METRO

Manitoba

NDP will allow mail, e-voting for new leadership

Manitoba's New Democrats will now allow some delegates for their March leadership contest to vote electronically or by mail. NDP president Ellen Olfert said in a short statement on Sunday the party's provincial council has voted to make mail-in or electronic voting available for northern delegates who aren't able to travel to Winnipeg. THE CANADIAN PRESS

NDP blasted online by political group's videos

Politics. Manitoba Forward executive director Dave Shorr says they want New Democrats out of power but will not be running themselves

Dave Shorr points out the new Manitoba Forward website. COLIN FAST/FOR METRO

The next time you click on sports highlights or cat videos online, you might also be hit with a dose of rough-and-tumble local politics.

Manitoba Forward, one of the province's newest political-action organizations, is launching a series of ads this week on several popular online video sites. The spots are highly critical of the Selinger government and mock the province's "Steady Growth, Good Jobs" tagline.

"Our goal is to see the NDP lose power, and for (PC leader) Brian Pallister or (Liberal leader) Rana Bokhari to be the next premier of Manitoba," explained Dave Shorr, executive director of Manitoba Forward.

Shorr said his group is not a political party and does not plan to run candidates in the next provincial election.

Instead, it wants to talk about "smart policy solutions" like cancelling the Bipole 3 hydro transmission line or giving cities more power over their own affairs.

In addition to the online video campaign, Manitoba Forward — which includes former Public Utilities Board chairman Graham Lane and former Manitoba Green Party leader Markus Buchart — plans to use Buzzfeed-style lists, infographics and an online magazine to help recruit more members.

"What you'll be seeing from Manitoba Forward is a level of sophistication, both in organization and communication, that hasn't happened before in this province," Shorr promised.

COLIN FAST/METRO

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‘He would want us to throw ourselves into the things that bring us joy’

Mountie shootings. More than 1,300 Mounties and local law enforcement gather to pay their respects to Const. David Wynn

The sister of an Alberta Mountie told mourners at his funeral Monday that he would want them to live life the way he did — with joy, passion and with every effort to make the world a better place.

“He would want us to throw ourselves into the things that bring us joy and to do it for him. He would want us to follow our hearts.... He certainly did that,” Mona Wynn said in her eulogy before thousands at a recreation centre in St. Albert, Alta.

“David would want us to forgive. He was a peaceful man. He didn’t have the time to even notice a grudge, much less hold one.”

Const. David Wynn, 42, died last Wednesday, four days after he and auxiliary Const. Derek Bond were shot during a struggle with a suspected car thief at a casino in St. Albert. He was shot in the head and never regained consciousness.

The shooter, career criminal Shawn Rehn, killed himself hours later.

Wynn’s sister remembered her brother as a person who brought enthusiasm to everything he did, be it scuba diving, swimming, fly fishing, spending time with his family or serving his community.

“Over the past 10 days, there has been such an outpouring of stories about Dave and obvious love for him from the people that he has touched that I have realized he was far more than I ever imagined,” she said.

“Dave was an ordinary man with an extraordinary capacity to make the world a better place for everyone around him.”

Shelly MacInnis-Wynn, the wife of slain RCMP Const. David Wynn, and a family member lay flowers on the officer’s casket on Monday during his funeral in St. Albert, Alta. Hundreds of spectators, who were encouraged to wear red, lined the parade route and waved large Canadian flags in Wynn’s honour. JASON FRANSON/THE CANADIAN PRESS

Hundreds of spectators, who were encouraged to wear red, lined the procession route under sunny skies and unseasonably warm temperatures. Many were holding Canadian flags, and one giant flag was strung from the erected ladder of a fire truck.

Laredo Nault, 14, travelled from Legal, Alta., with a quilt emblazoned with the quote: “No greater love than to give one’s life for another.”

“It kind of popped up in our minds — an officer gave his life away to protect our country, and I think that quote represents it,” said Nault.

Wynn is survived by his wife, Shelly, and his three sons, Matt, Nathan and Alex.

THE CANADIAN PRESS

Funeral service

A man’s life remembered

A riderless horse, a pair of brown boots turned backward in the stirrups, led a black hearse carrying Wynn’s coffin to the funeral service.

The procession included 860 Mounties in their traditional red serge and 450 officers from the municipal police force in nearby Edmonton.

The Mounties came from across Canada and from as far away as Newfoundland and Nunavut. A handful made the trip from Bridgewater.

The flags at the Alberta legislature flew at half-mast from sunrise to sunset.

THE CANADIAN PRESS

Feds appear warm to update of costly First Nations food program

It appears the Conservative government is open to the idea of changing the way it tries to offset the high cost of food in the North.

The department that oversees the beleaguered Nutrition North program has posted a notice of proposed procurement, asking for someone to come up with different ways of providing northerners with the federal food subsidy.

The notice, posted Monday, did not elaborate on the nature of any possible changes to Nutrition North.

Aboriginal Affairs Minister Bernard Valcourt’s office did not answer specific questions about the notice. Instead, spokeswoman Andrea Richer sent a generic, four-line response that mentioned the amount of money the government is spending on Nutrition North and its advisory board.

“We are also working with the Nutrition North Canada advisory board to engage with northerners, retailers and suppliers on ideas to keep the program on a sustainable path including increased operating efficiencies and other program improvement proposals,” Richer wrote in an email.

Nutrition North — which replaced the old Food Mail program in 2011 — is intended to help defray the cost of nutritious food in the North.

The price of a jug of orange juice at a grocery store in Iqaluit in December 2014. SEAN KILPATRICK/THE CANADIAN PRESS

But the $60-million annual food subsidy — to which the government recently added another $11.3 million for the program’s 2014-15 budget and a five per cent annual escalator in future years — has been under scrutiny ever since auditor general Michael Ferguson’s fall report in November.

The audit revealed that Aboriginal Affairs is largely in the dark about whether Nutrition North actually does anything for those who need it most.

Aboriginal Affairs told Ferguson’s team it has looked at expanding the full subsidy to around 50 fly-in northern communities, but doing so would increase the cost of the program by $7 million a year.

Liberal aboriginal affairs critic Carolyn Bennett suggested any forthcoming changes to Nutrition North are likely motivated by this year’s federal election.

“Northerners and experts have made it clear for years that Nutrition North is an abject failure, but the Harper government has stubbornly refused to listen to them until confronted with a scathing auditor general’s report and the prospect of facing the anger of northerners at the ballot box,” Bennett said in a statement. THE CANADIAN PRESS

Employment

Feds may be ready to talk internships

The parliamentary secretary to Labour Minister Kellie Leitch is meeting this week with various stakeholders about unpaid interns: “This is the first time that we’ve heard from the federal government on this; they’ve been completely silent until now,” said Claire Seaborn of the Canadian Intern Association. THE CANADIAN PRES

Transgender rights

Inmates’ identities get equal footing

Transgender inmates in Ontario will now be dealt with based on their own gender identity, not their physical sexual traits.

Previously, inmates were put in institutions based on a person’s “primary sexual characteristics.” Now, they will be housed according to their self-identified gender and referred to by their chosen name.

The policy builds on interim guidelines put in place last April. Ontario Human Rights commissioner Barbara Hall says this helps protect the rights of trans people. THE CANADIAN PRESS

Military. Canadian special forces stop two new ISIL offensives

Canadian special forces and Islamic State of Iraq and the Levant (ISIL) extremists engaged in two new firefights, with Canadian troops neutralizing their attackers.

The elite troops were helping Kurdish commanders plan for an upcoming operation and twice came under direct fire while visiting the largely static front lines near Irbil, the military revealed on Monday.

In both cases the Canadian troops returned fire and “neutralized” the threats, said navy Capt. Paul Forget in a weekly technical briefing at National Defence headquarters.

“They were acting in self defence,” he said.

New Democrats fired their own political volley Monday, calling on the speaker of the House of Commons to convene an emergency debate on the “growing expansion of this mission.”

The latest gun battles are in addition to an incident outlined last week by the commander of special forces, Brig.-Gen. Michael Rouleau, whose acknowledgment of the firefight jump-started the dormant political debate in Ottawa.

Operations involving the highly trained soldiers, who were deployed to advise and assist Iraqi forces last September, are usually covered by a blanket of secrecy.

The growing political debate in Canada came on the same day as ISIL released an audio recording encouraging Muslims living in Western countries to carry out more attacks.

THE CANADIAN PRESS

Terror attacks

Spokesman Abu Mohammed al-Adnani said any loyalist who has the opportunity to attack Western countries should do so.

- **Recent attacks.** Incidents in Australia, Belgium and the terror incident on Charlie Hebdo magazine in France were noted. He additionally mentioned the attack on the Canadian War Memorial and Parliament Hill in Ottawa.

Terror. ISIL praises Zehaf-Bibeau's attacks in Ottawa

The spokesman for the Islamic State of Iraq and the Levant (ISIL) group has praised the gunman who killed a Canadian soldier at the National War Memorial in October and is calling on Muslims living in Western countries to carry out attacks.

The spokesman says any loyalist who has the opportunity to "shed a drop of blood" should do so.

Abu Mohammed al-Adnani, in a nine-minute audio recording released Monday, praised recent attacks in Australia, Belgium and France — where gunmen killed 12 people in an assault on the Paris office of Charlie Hebdo magazine.

He also praised the gunman who shot and killed an unarmed sentry at the War Memorial in Ottawa on Oct. 22 and then stormed Parliament Hill's Centre Block before being killed by security forces, saying: "You all saw what one Muslim did in Canada and its infidel parliament."

Michael Zehaf-Bibeau's killing of Cpl. Nathan Cirillo came just two days after another attack by a man with known jihadist sympathies who ran down Warrant Officer Patrice Vincent in Quebec.

The attacks ignited a debate on homegrown terrorism in Canada. THE ASSOCIATED PRESS

Legislation

The federal government is expected to introduce legislation soon to crack down on suspected terrorists and those who openly encourage them.

Security. Drone flight over White House raises fears

A small drone flying low to the ground crashed onto the White House grounds before dawn Monday, triggering a major emergency response and raising fresh questions about security at the presidential mansion. A man later came forward to say he was responsible and didn't mean to fly it over the complex.

The man contacted the Secret Service after reports of the crash spread in the media, a U.S. official said. The man told the agency that he had been flying the drone recreationally. The man is a Washington resident and is co-operating with investigators.

Secret Service agents are now interviewing other people to corroborate the man's story and don't currently have any reason to doubt the man's account, the official said.

Although President Barack Obama was not at home, the security breach prompted a lockdown of the entire complex until officials could examine the drone.

The drone crashed on the southeast side of the White House grounds just after 3 a.m., Secret Service spokesman Brian Leary said.

The device was described as a two-foot-long quadcopter — a commercially available unmanned aircraft that is lifted by four propellers. Many small quadcopters are essentially sophisticated toys that can also be useful for commercial operations like aerial photography and inspections. THE ASSOCIATED PRESS

Guerrilla warfare

43 Filipino police killed in battle

At least 43 Philippine police commandos were killed in a battle with Muslim guerrillas after launching an assault in which they may have killed one of Southeast Asia's most-wanted terrorists, officials said Monday.

The clash Sunday may have resulted from the commandos' failure to follow the terms of a ceasefire with the guerrillas by notifying them of their presence in the area, a rebel leader said. THE ASSOCIATED PRESS

Rev. Libby Lane

Male-only leadership ends in Church of England

The male monopoly in the leadership of the Church of England ended Monday, as the 500-year-old institution consecrated its first female bishop.

The Rev. Libby Lane became the eighth Bishop of Stockport in a service at York Minster. Her consecration comes after the church ended a long and divisive dispute by voting last year to allow women to serve as bishops. THE ASSOCIATED PRESS

A man strolls on a walking path Monday at Liberty State Park, with the Statue of Liberty in the distance, in Jersey City, N.J. The Philadelphia-to-Boston corridor of more than 35 million people began shutting down as a monster storm moved through the northeast. JULIO CORTEZ/THE ASSOCIATED PRESS

Storm could paralyze Northeast U.S. for days

Weather. Flights cancelled, government offices closed, shopping lines crammed as people brace for blizzard

More than 35 million people along the Philadelphia-to-Boston corridor rushed to get home and settle in Monday as a fearsome storm swirled in with the potential for hurricane-force winds and one to three feet of snow that could paralyze the Northeast for days.

Snow was blowing sideways with ever-increasing intensity in New York City on Monday as flurries began in Boston. Forecasters said the storm would build into a blizzard, and the brunt of it would hit late Monday and into Tuesday.

As the snow got heavier, much of the region rushed to shut down.

More than 6,500 flights in and out of the Northeast were cancelled, and many of them may not take off again until Wednesday. Schools and businesses let out early, government offices closed and supermarkets were hammered with shoppers stocking up on food.

All too aware that big snowstorms can make or break politicians, governors and mayors moved quickly to declare emergencies and order the shutdown of streets and highways to prevent travellers from getting stranded and to enable plows and emergency vehicles to get through.

Boston was expected to get two to three feet of snow, New York one and a half to two and Philadelphia more than a foot.

The National Weather Service issued a blizzard warning for a 400-kilometre swath of the region, meaning heavy, blowing snow and potential whiteout conditions. Forecasters warned that the wind could gust to 120 km/h or more along the Massachusetts coast and up 80 km/h farther inland.

New York City's subways and buses planned to shut down completely by 11 p.m., and commuter railroads across the Northeast also announced plans to stop running overnight. Most flights were cancelled out of the region's major airports.

Authorities banned travel on all streets and highways in New York City and Long Island and warned that violators could be fined $300. Even food deliveries were off-limits on the streets of takeout-friendly Manhattan.

"We learned the lesson the hard way," said New York Gov. Andrew Cuomo, referring to instances in which motorists got stranded in the snow for 24 hours or more.

Shopping-cart gridlock descended on Fairway, the gourmet grocery on Manhattan's Upper West Side. The meat shelves were all but bare as customers shoved past each other. Outside on Broadway, the checkout line stretched for a block as the wind and snow picked up. Store employees said it was busier than Christmastime.

In yet another possible sign that people were hunkering down at home, Fresh Direct, a grocery delivery service in the Northeast, said it had seen a rise in orders for "movie-day" snacks such as microwave popcorn and chocolate-chip cookies.

Utility companies across the region put additional crews on standby to deal with anticipated power outages from high winds.

The storm interrupted jury selection in the Boston Marathon bombing case and forced a postponement in opening statements in the murder trial of former NFL star Aaron Hernandez in Fall River, Mass.

The Super Bowl-bound New England Patriots got out of town just in time, leaving from Logan Airport around midday for Phoenix. THE ASSOCIATED PRESS

Quoted

"This will most likely be one of the largest blizzards in the history of New York City."

New York Mayor Bill de Blasio

Details

- **Entertainment:** Broadway theatres are shuttering as a snowstorm blasts Times Square. The Broadway League said all plays and musicals will be closed on Monday. No firm decision about Tuesday has been made.
- **Flights:** Airline travellers are going nowhere fast because of the blizzard bearing down on the Northeast. By mid-afternoon Monday, about 6,500 U.S. flights through Tuesday had already been scrubbed, according to tracking service FlightAware.com. Around 1,700 flights had also been delayed. Cancellations and delays are likely to spill over into Wednesday.
- **Other transportation:** Want a ride home from car service Uber during the major snowstorm descending on the Northeast on Monday? Expect to pay more than the usual fare. In New York City, surge pricing will be capped at 2.8 times the normal fare. The company is also planning to donate proceeds to the American Red Cross.

Creditors hint at Greece deal

Bailout. Eurozone leaders open to dialogue on debt issues after radical left-wing party win

The election in Greece of a radical party that wants to overhaul the country's bailout program raises new uncertainties for the eurozone.

Financial markets took in their stride on Monday the victory of the left-wing Syriza party after several leaders in the 19-country eurozone suggested they were open to discussing how to lighten Greece's debt burden. The country has since 2010 needed 240 billion euros (about $337 billion) in loans from fellow eurozone countries and the International Monetary Fund to avoid bankruptcy.

The talks are expected to be tough and protracted, however, as regional heavyweight Germany has so far taken a hard line on debt in Europe.

Syriza is calling on the eurozone to ease the spending cuts and tax increases required in Greece's bailout program and lighten the country's rescue loans. The debt is at a level many economists think is unsustainable.

A tough stance by either side could, some fear, cause Greece to fall out of the euro, a development that could cause huge turmoil for Europe and the currency union.

Syriza leader Alexis Tsipras joined with the small right-wing Independent Greeks party, united mostly in their opposition to the austerity measures imposed by the other eurozone nations in exchange for the loans.

The tough spending cuts and tax hikes were meant to reduce debt but have also put the economy through a depression, causing unemployment and poverty to surge.

THE ASSOCIATED PRESS

Industry fights to reverse sour attitude towards milk

A grocery store employee stocks dairy products in Denver. As Americans continue turning away from milk, an industry group is pushing back at its critics with a "Get Real" social media campaign launching Tuesday trumpeting the benefits of milk. Milk's wholesome image is being muddied by diet trends and divergent attitudes about nutrition. The Milk Processor Education Program, which represents milk companies, says the breaking point came last year when a study suggested drinking lots of milk could lead to earlier deaths and higher incidents of fractures.

THE ASSOCIATED PRESS FILE

Faulty switches. 50 deaths eligible for compensation

With only five days left before the deadline to seek payments, compensation expert Kenneth Feinberg has decided that 50 death cases are eligible for money due to crashes caused by faulty General Motors ignition switches.

Feinberg, who was hired by the automaker to handle death and injury claims, released new totals on Monday. The deputy administrator of the compensation fund says she expects a flurry of claims before Saturday's deadline, and she also expects the number of deaths and injuries to rise.

Feinberg, in an Internet posting, determined as of Friday that the families of 50 people killed and 75 people injured are eligible for payments. The fund has received 338 death claims and 2,730 claims for injuries. Of those, 58 death claims have been rejected as ineligible for compensation, as have 328 injury claims. Feinberg is either reviewing or awaiting documentation on 230 additional death claims and 2,327 injury cases.

Last year the company set aside $400 million US to make payments, but conceded that could grow to $600 million US. The company's chief financial officer told analysts earlier this month that those numbers have not changed. Compensation for deaths starts at $1 million US.

Feinberg is among the nation's most prominent compensation experts. He previously handled payments to victims of the 9/11 terrorist attacks and the BP oil spill.

Feinberg has promised to decide the claims within 90 to 180 days from when he determines they are substantially complete. His law firm expects to continue working on claims through the spring, and perhaps into summer.

THE ASSOCIATED PRESS

Recall

General Motors was aware of faulty ignition switches on Chevrolet Cobalts and other small cars for more than a decade, but it didn't recall them until 2014.

- On 2.6 million of the cars worldwide, the switches can slip out of the "on" position, causing the cars to stall, knocking out power steering and turning off the airbags.

Jobs

IBM denies report of 100,000 layoffs

Calling it "ridiculous" and "baseless," IBM on Monday dismissed a report that said it plans to lay off one in four of its workers, or 100,000 people. The company "flatly denies" the Forbes report, IBM spokesman Ian Colley said.

IBM previously has announced layoffs affecting "several thousand people," only "a small fraction" of the number predicted last week by a blogger on Forbes.com, IBM said in a statement.

THE ASSOCIATED PRESS

Market Minute

DOLLAR
80.23¢ (-0.26¢)

TSX
14,797.83 (+18.48)

OIL
$45.15 US (-44¢)

GOLD
$1,279.40 US (-$13.20)

Natural gas: $2.881 US (-10.5¢)
Dow Jones: 17,678.70 (+6.10)

THE UNIVERSITY OF WINNIPEG | PROFESSIONAL, APPLIED AND CONTINUING EDUCATION

UWPACE
Cultural Evening

DATE Thursday, January 29, 2015

TIME Doors open at 6:30pm.
Performances begin at 7:00pm

LOCATION Eckhardt-Gramatté Hall
3rd Floor, Centennial Hall
University of Winnipeg
515 Portage Avenue

FREE ADMISSION

LIVE MUSIC dancing fashion exciting fun show ETHNIC FOOD

DISCOVER · ACHIEVE · BELONG

VOICES

'PEG STALLS ON PLAN FOR TAXI STANDS

The Calgary program to have fire hydrants double as designated cab zones became a success, so Winnipeg endorsed a similar proposal ... two years ago

YOUR RIDE
Colin Fast

It was hailed as a way to make it easier to find a cab downtown, but two years after city council endorsed a proposal to turn fire hydrants into taxi stands, the plan is stuck in park.

The idea was to use the space in front of hydrants — where no one is currently allowed to park — as designated taxi zones, where drivers could sit with their cars while waiting for new passengers.

It was modelled after a successful program in Calgary, where more than 150 similar zones are spread throughout downtown and other popular areas.

"From our perspective, this has been a win-win," said Wes Hogman, Interim General Manager of the Calgary Parking Authority. "Requests from taxi companies for additional spaces have been accommodated, and in turn they've complied with the rules around parking in these zones."

The Calgary experience demonstrated a number of benefits, like making more efficient use of street space that currently sits empty most of the time, improving access to taxis and reducing emissions from cabs driving around in search of customers.

There's a public-safety angle too, as marking hydrants as taxi zones discourages illegal parking.

Winnipeg taxi cabs are still waiting on a plan to see fire hydrants used as taxi stalls. BERNICE PONTANILLA/METRO

"An illegally parked vehicle blocking a hydrant is much more risky than having a taxi temporarily parked there and ready to move," explained Hogman.

And there's an opportunity to expand street parking, too. As hydrant parking zones are rolled out, the city could convert existing taxi stands back into on-street parking. In Winnipeg, this would add 25 parking spots downtown and generate $65,000 in extra meter revenue.

The parking authority, public-works department and fire paramedic service all liked the plan, and the general manager of Unicity Taxi told Metro at the time: "It's a huge benefit not only to taxis but the citizens of Winnipeg."

With such overwhelming support from stakeholders, council approved the idea in January 2013 and directed the administration to work with the province to make necessary changes to the Highway Traffic Act.

Exactly two years later, there's been no progress on the issue, and the city and province don't even seem clear on who's responsible for the delay.

The parking authority said in a statement last week it's "committed to implementing this council-approved initiative" and directed any further questions to the provincial government. But the province said the city hasn't even asked for any changes to the law.

Despite their artificially low numbers, taxis do play a vital role in the city's overall transportation network. And turning hydrants into taxi stands is a simple innovation that will make it easier for people to get around. The city and province should stop the meter on procrastination and get this plan moving again.

DO YOU HAVE A TRANSIT IDEA?
Shoot us an email:
winnipeg@metronews.ca

Colin Fast is a communications specialist and freelance journalist in Winnipeg. Out of guilt, he avoided looking directly at his unused bike while writing this column. Find him @policyfrog on Twitter.

Dal whistleblower deserves gratitude, not condemnation

STEPHEN KIMBER
readers@metronews.ca

In defense of Millet

He could have looked the other way in the face of the offensive posts, or quietly left the group without sharing what he knew. Instead, he provided one of the victims with information that allowed her to choose how to respond.

The irony is we might not know to be outraged if not for a man many of us are outraged at. We have a complicated relationship with those who blow whistles on bad behaviour: Think Edward Snowden, Chelsea Manning and, now, Ryan Millet.

Millet, a 29-year-old fourth-year Dalhousie University dental student, was one of 13 members of the infamous Facebook group "Class of DDS 2015 Gentlemen." Millet claims someone added his name when he began dentistry in 2011 and he was more a lurker and occasional "liker" than an active participant.

Some posts were a "little over the top," he conceded in a Jan. 17 interview with the Halifax Chronicle-Herald. But, except for one offensive post (which he successfully asked Facebook to delete), he says most conversations — from taunts about favourite football teams to links to YouTube videos — were standard social-media fare.

That changed on Dec. 6, 2014, when one member posted a poll inviting the others to vote on which of two female classmates they'd prefer to "hate f—." Several voted.

Shocked, Millet showed the post to one of the women and eventually gave her his Facebook login so she could document what he calls a "targeted, hateful, sexualized, violent attack" and complain to the university.

Three days later, on Dec. 15, the story went public, then viral.

More than 50,000 people signed an online petition demanding Dalhousie expel all the "Gentlemen," including Millet (who had left the group and deleted his Facebook account after providing the login information).

The university has since segregated all 13 from their peers. They're indefinitely suspended from performing clinical work, which they must complete to graduate.

Millet appealed, pleading his case before the dental school's academic standards committee. (That hearing will resume Wednesday.)

Should Millet be suspended? Or thanked? His social-media and newspaper-comment-section critics — and they're legion — argue he should never have joined the group, quit sooner, spoken up earlier, not "lawyered up" and is only coming forward now to save his professional future. Maybe. But, based on what we know — it's worth noting that what we know so far comes mainly from Millet's lawyer — I believe Millet deserves our gratitude. He could have looked the other way in the face of the offensive posts or quietly left the group without sharing what he knew. Instead, he provided one of the victims with information that allowed her to choose how to respond.

And ultimately forced the rest of us to confront important, difficult issues. Including how we see those who blow whistles.

Stephen Kimber is a professor of journalism at the University of King's College in Halifax, as well as an award-winning writer, editor and broadcaster.

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Gossip

NED EHRBAR

METRO'S TAKE ON THE WORLD OF CELEBRITIES

Emma Watson ALL PHOTOS: GETTY IMAGES

Another one for the books: Emma to star as Disney's Belle

What with all the speeches at the United Nations and Davos about feminism, you might have thought Emma Watson was not that interested in acting anymore. You would be wrong.

Walt Disney Studios confirms that the Harry Potter alum will star as Belle in its upcoming live-action adaptation of Beauty and the Beast, directed by Dreamgirls director Bill Condon.

And honestly, given her public persona, if she was going to play any Disney princess this is the right one, given Belle's book smarts and independence.

So, just so everyone's clear: Emma Watson, still a burgeoning feminist icon, but also a Disney princess. Hey, I wonder if they're planning to address any of the glaring plot holes in this version?

Mark Ruffalo tweets his SAG Awards acceptance speech

Avengers star Mark Ruffalo was honoured Sunday night by the Screen Actors Guild for his work in the HBO movie The Normal Heart, earning the outstanding performance by a male actor in a miniseries or television movie award.

Only he wasn't there to accept it, as viewers know. Instead, Ruffalo was home in New York where, as co-star Julia Roberts joked, he was "waiting for that Nor'easter."

Actually, Ruffalo is busy filming the sequel to Now You See Me. But he did express his thanks with a groggy Instagram shot.

"Upon waking and hearing from my wife and kids that I won a [SAG Award] for [The Normal Heart.] Love win tonight," he wrote.

And on Twitter, he offered his full acceptance speech: "Special thank you to all my brother and sister actors for this incredible distinction. It's really the one that matters."

He then went on to thank a slew of reps and publicists, as well as his wife and kids.

Who knows, maybe social media acceptance speeches are the future.

At least no one would get played off.

Mark Ruffalo

Go figure. Ariel Winter throws everyone a curve on the red carpet

Modern Family star Ariel Winter, a 16-year-old actress, hit the red carpet for the SAG Awards this weekend in a very lovely white gown. But in red carpet reports from outlets such as InTouch, E! News, Us Weekly and elsewhere, the focus was noticeably on how much Winter has, ahem, grown. Now, I'm no prude, but this just feels kind of gross, guys. Winter, by the way, turns 17 later this week, if you're looking for some way to feel slightly better about obsessing over a teenager's rack.

Ariel Winter

Kate Middleton

Aussie mag totally blows its cover on Kate

Maybe it's the result of some barely concealed commonwealth resentment toward the Crown, but an Australian women's magazine — creatively named Women's Day — took some startling liberties with the old Photoshop for its cover photo of universally acknowledged beautiful person Kate Middleton. I guess they decided she wasn't wearing enough makeup? Or she wasn't just plain terrifying enough? Because the results — yikes!

Um, someone forgot to spell out D-I-V-O-R-C-E to Dempsey

Late last week, Grey's Anatomy star Patrick Dempsey's wife, Jillian Fink, filed for divorce, ending their 15-year marriage.

And while his decision to skip out on some autograph sessions at this weekend's IMSA racing event at the Daytona International Speedway suggests he's grappling with the news, photos from the race itself show Dempsey still sporting his wedding ring.

Maybe it's just force of habit?

Patrick Dempsey

SCENE

Songz isn't shy about success, he just gets better and better

Concerts. We chat with the smooth-talking R&B singer days before he sets out for his Between The Sheets tour with Chris Brown

EMILY LAURENCE
Metro News in New York City

Trey Songz says his secret with the ladies is just "being genuine" with them. CONTRIBUTED

Trey Songz's new single may be called Slow Motion, but it's clear he lives life in the fast lane.

Steadily releasing a new album every two years with A-list collaborations (Trigga boasts hits with Nicki Minaj, Juicy J. and Young Jeezy), his latest debuted at the top of the Billboard 200 list. He also has an endorsement deal with SX Liquors and is gearing up to tour with Chris Brown for their Between The Sheets tour.

We talk to him about his latest successes, plus how he manages to be so damn smooth with the ladies.

Why he says Trigga is his best album yet

Songz isn't shy about his success. He says that, with each album, he just gets better and better. "I've grown throughout the years and have become so seasoned, understanding what I mean to R&B music, hip-hop and pop-culture," he tells us. "The music industry is very single driven, so to have a full body of work that I'm very proud of is something I love."

His tip for always getting the girl

One listen to tracks like Touchin, Lovin or All We Do shows that Songz doesn't struggle with leaving the club alone. But he says his secret isn't using fame or bottle service, it's being genuine and honest. "It's not about when you're out. It's about when you're talking to a woman and not having it be about anything else except that woman in that moment. Being genuine is going to get you there."

His thoughts on breakups

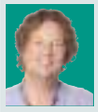
Not all Songz's hits are about one-night stands. What's Best For You is about moving on after a breakup, which is one of the more sensitive songs on Trigga. He doesn't seem to dwell on being broken-hearted. "It's quite simple," he tells us. "A breakup is about separating yourself from somebody, so you need to focus on bettering yourself. Life isn't about getting hung up on moments, it's about making moments."

On touring with Chris Brown

Chris Brown has been hyping up his Between The Sheets tour on Twitter and Instagram for months, and Songz shares the excitement, saying to expect a high-energy show. "Have you seen Chris perform? That's reason enough to go. It's going to be great."

Music

In the 1970s, size really did matter



SOUND CHECK
Alan Cross
scene@metronews.ca

I remember the day I bought my first stereo system. With $500 from my first job, I begged my dad to take my 14-year-old self to buy it.

Having devoured magazines like Stereo Review and the annual Radio Shack catalogue, I'd finally decided on what I needed. And despite my parents' begging that I spend my money on something more sensible, I would not be dissuaded. I wanted, needed, a stereo for my bedroom.

These electronics infected me with the audiophile bug, the beginning of an expensive obsession for sound that was bigger, louder and more accurate. Worst of all was the snipe hunt for the best speakers.

If you grew up in the '70s, you know exactly what I'm talking about. We used our stereos as a way of proclaiming our identity to the world.

Back then, music was everything to us.

I don't mean to diminish anyone's love of music today, but you have to understand that we didn't have smartphones, Facebook, Twitter, Instagram, Pinterest, Snapchat, texting, DVRs, computer games, gaming consoles, email, DVDs, Netflix, satellite radio, iTunes, Spotify, Rdio or 500-plus cable TV channels. Plenty of kids didn't even have a local FM rock station. What we had, though, was our stereos.

We bought lots and lots of records. And many of us spent crazy sums on our stereo systems, especially on speakers.

But when the Walkman and boom boxes came along, things began to change. And when we got into the mid-'90s and the home-theatre revolution, people became distracted from old-school, two-channel stereo systems.

Today, far too many people are satisfied with the sound they get from cheap earbuds, tiny Bluetooth units and even laptop speakers. I wish they could experience music like we did.

Now if you'll excuse me, I have to yell at some kids who are on my lawn.

Before iPhone docks, there was the stereo speaker. ISTOCK

New Kids have a few things to teach today's new kids

Boy bands. Success is all about connecting with fans, advise the veteran performers as they head out on tour

The New Kids on the Block may be aging, but they still think they can school today's hot boy bands.

The Boston-based veteran group, which announced a summer tour with TLC and Nelly last week, said contemporary boy bands should check out their live concerts to learn from the experts.

"As far as boy bands, you know, we dance, we perform. I hate to sound like an old fogey, but these kids don't know what they're missing nowadays, because we got to sing and dance for our supper, you know what I mean, and we love to do that," Joey McIntyre, 42, said in an interview at Madison Square Garden in New York City.

"So maybe a few kids could come to the show and see how it's done."

The Main Event tour kicks off May 1 in Las Vegas. Tickets go on sale Jan. 31.

In the past few years, boy bands have resurged, with One Direction leading the pack, followed by 5 Seconds of Summer. Others, from The Wanted to Mindless Behavior, have had some success.

Donnie Wahlberg, 45, said the decades-long bond between New Kids and their fans makes it worthwhile.

"I would rather have the credibility of thousands of fans and have them be happy. That's what we've learned and that's why we're still here," he said.

Wahlberg and McIntyre, along with bandmates Danny Wood and brothers Jordan and Jonathan Knight, began playing together more than 30 years ago. They said they're excited to share a stage with one of the top-selling female groups of all-time and the multi-platinum Nelly.

THE ASSOCIATED PRESS

New Kids On The Block will join TLC and Nelly on a North American tour this summer. THE ASSOCIATED PRESS

Skip that detox or cleanse

Nutrition. Try eating clean instead of 'flushing your system'

Filling your plate with fruits and veggies is more effective than a cleanse. ISTOCK

Fed up with yourself after all the high-calorie and alcoholic indulgences over the holidays? While the thought of starting a detox or cleanse could be appealing, it might not have the desired effect.

The idea that you can flush impurities out of your system by cleansing it with juices or tablets is eschewed by registered dietitian Zannat Reza.

Many detoxes are simply low-calorie potions or juice cleanses.

"Like, what are you getting there? Not much of anything," she says. "Definitely not calories, not enough nutrients, no probiotics."

In fact, the result can be dehydration, headaches, dizziness, nausea, vomiting and lack of energy. Harmful effects include low blood sugar, low or high blood pressure, detrimental interaction with medications, and vitamin and mineral deficiencies, Reza says, citing research from organizations including Dietitians of Canada and the Mayo Clinic.

"And for people who are looking to lose weight, what it does is it actually slows down your metabolism, so your body thinks it's starving. Slowing down your metabolism really is not the smartest thing to do to lose weight," she says.

Instead, the Toronto dietitian suggests "clean eating," with a focus on fruits and vegetables, whole grains and lean proteins, which will also help boost the immune system, especially at this time of year when cold and flu bugs are rampant. But healthy food is only one piece of the puzzle. It's also important to get enough sleep, exercise and wash hands well in warm soapy water.

Most Canadians don't eat enough fruits and vegetables. The recommendation is to fill the plate with fruits and vegetables at every meal and snack.

"It doesn't have to be just the coloured ones. Cauliflower is just as good and mushrooms are great because they're really high in selenium which is key in terms of acting as an antioxidant in your body," says Reza, a mother of two.

Whole grains supply B vitamins and folate. Those with celiac disease or an intolerance to gluten can consume whole grains that don't contain the protein composite in brown, black and wild rice, amaranth, buckwheat, millet and teff and seeds like quinoa.

Vitamin D is added to milk, soy and rice beverages, orange juice and margarine and is also found in salmon and sardines, egg yolks and fortified yogurts.

"Because it's wintertime one of the recommendations is to take a vitamin D supplement just because we don't get enough sunlight and our skin doesn't get enough exposure to make vitamin D in the winter months," Reza says.

Probiotics, or good bacteria in the gut that help keep your immune system healthy, and prebiotics are both needed.

Probiotics are in supplements, some yogurts (check the label) and fermented foods that have been produced or preserved using good bacteria, such as sauerkraut, kimchee (Korean pickled cabbage), miso, tempeh, injera (sourdough-risen flatbread), fish sauce, sour cream, soy sauce and Worcestershire sauce.

THE CANADIAN PRESS

Plant-Power Soup With Kimchee

This antioxidant-packed soup is chock-full of cancer-fighting vegetables. You're also getting a wallop of vitamins A and C, both needed to boost your immune system.

1. In a large pot, heat canola oil over medium heat. Cook onion for 3 to 4 minutes until it starts to soften.

2. Add garlic, broccoli, cauliflower and carrots. Cook for 4 to 5 minutes until broccoli is bright green.

3. Add curry powder, broth and salt. Bring to a boil. Cover and simmer for 20 minutes until vegetables are tender.

4. Blend vegetable mix using countertop blender or handheld immersion blender. Stir in milk. Ladle into bowls and garnish each with 15 ml (1 tbsp) kimchee.

- 15 ml (1 tbsp) canola oil
- 1 medium onion, diced
- 15 ml (1 tbsp) minced garlic
- 500 ml (2 cups) each broccoli and cauliflower florets
- 500 ml (2 cups) diced carrots
- 2 ml (1/2 tsp) curry powder
- 1 carton (900 ml) no-salt-added chicken broth
- 2 ml (1/2 tsp) salt (adjust to taste)
- 250 ml (1 cup) milk
- Kimchee, for garnish (15 ml/1 tbsp per serving)

Hearty Chicken Noodle Soup With Turmeric

The South Asian flavours of this soup are sure to warm you on a cold winter day. Turmeric, an anti-inflammatory, can help boost your immune system.

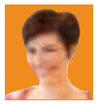
1. In a large pot, heat canola oil over medium heat. Brown chicken, about 5 minutes, and remove to a bowl.

2. Add onion, garlic, ginger, carrots, mushrooms, celery and seasonings to pot. Cook for 3 to 4 minutes. Add broth and bring to a boil. Return chicken to pot. Add egg noodles and lentils. Cover and simmer for 15 minutes. Remove from heat and stir in lemon juice.

- 15 ml (1 tbsp) canola oil
- 6 to 8 chicken thighs, cut into 2.5-cm (1-inch) chunks
- 1 medium onion, diced
- 30 ml (2 tbsp) minced garlic
- 15 ml (1 tbsp) minced ginger
- 500 ml (2 cups) sliced carrots (quarter lengthwise and slice)
- 500 ml (2 cups) sliced mushrooms
- 250 ml (1 cup) sliced celery
- 5 ml (1 tsp) ground coriander
- 2 ml (1/2 tsp) turmeric
- 5 ml (1 tsp) salt (adjust to taste)
- 1 ml (1/4 tsp) black pepper
- 1 ml (1/4 tsp) cayenne
- 2 cartons (each 900 ml) no-salt-added chicken broth
- 500 ml (2 cups) uncooked whole-wheat egg noodles
- 1 can (540 ml/19 oz) lentils, drained and rinsed
- 50 ml (1/4 cup) lemon juice

Don't squash those comfort food dreams

Dinner. This stuffed squash dish with a creamy bean filling is healthy but will leave you feeling warm and satisfied



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

This stuffed squash recipe makes four servings. THERESA ALBERT

Everything stays in the picture in this high nutrient meal. The seeds get baked separately and become a garnish, the squash skin becomes a bowl and you get fed fast.

Directions

1. Turn oven on to 400 F. Slice squash in half if small or in quarters if large. Scoop seeds onto a piece of foil and stir in half of the oil, breaking up any squash fibres but do not rinse or remove. Place seeds into oven on top shelf. Bake seeds until the squash is cooked (see step 3). Watch and turn periodically and remove if they brown too quickly .

2. Place squash on a plate and microwave for about 10 minutes while you prep the creamy bean filling.

3. In a pot, cook onions over medium heat in a drizzle of oil, stir in garlic and kidney beans. Add herbs and spread. Warm through for 5 or so minutes. Stir in sliced halved tomatoes Turn squash sections into a baking dish and fill with filling, place into oven for 10 minutes. Top squash with seeds.

Ingredients

- 1 large or 2 small acorn squashes
- 1 tbsp extra virgin olive oil
- 1 onion, chopped
- 2 cloves garlic
- 28 ounce can kidney beans, drained
- 1 tsp dried thyme
- 1 tsp dried oregano
- ½ cup Greek yogurt herb and garlic spread
- ½ cup cherry tomatoes

Seeds

It's what's inside that counts

Pumpkin seeds aren't just for Halloween anymore. (Or something.) Who writes the headline for a lowly seed that sits inside a squash or pumpkin and often gets scooped and tossed? The truth is that it is a treasure trove of nutrients that are often ignored because you don't know how to handle their slimy mess. Generally speaking, seeds contain all of the nutrients that would become the whole vegetable and then some. That ¼ cup of muck that you throw out has:

- 4 grams of fibre
- Contains 3 grams of protein
- The potential as a great ingredient in salads, soups or pesto sauces in place of nuts
- Tons of vitamin A, C and Zinc. Three nutrients that help boost immunity
- Storable and versatile.

Simply pull them out of your squash (no matter what type) with a large spoon and lay on a sheet of foil. Use the back of a fork to mix in 1-3 teaspoons of olive oil, spices (Italian seasoning, curry powder, chili powder or something else of your liking), bake at 400F for 10-15 minutes, guck included. Any strings and vegetable matter will only add flavour and nutrients as it bakes, no need to rinse or pick through.

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND TORONTO PERSONAL NUTRITIONIST. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM.

Punch up your peppers with goat cheese and mushrooms

This recipe serves six. THE ASSOCIATED PRESS

Here is a version of stuffed peppers with plenty more appeal.

1. Heat the oven to 350 F. Coat a 9-by-9-inch baking dish with cooking spray and set aside.

2. Slice 1/2 inch off the top of each pepper, then scoop out and discard any seeds and ribs. Set aside.

3. In a medium saucepan, combine the rice and chicken broth. Bring to a boil, then reduce to a simmer, cover and cook for 35 to 45 minutes, or until all the broth is absorbed.

4. While the rice cooks, in a large skillet over medium-high melt the butter. Add the mushrooms and season with just a pinch of salt and pepper. Cook until most of the water has been released from the mushroom and has also evaporated, 6 to 8 minutes. Add the shallots, garlic, celery and onion and continue to cook until the onion and celery are tender, another 5 to 6 minutes.

5. In a large bowl, combine the rice, mushroom mixture, chicken, marjoram and goat cheese. Season with salt and black pepper. Spoon the mixture into the peppers and place in the prepared baking dish. Bake for 30 minutes, or until the peppers are tender.

THE ASSOCIATED PRESS

Ingredients

- 6 large red bell peppers
- 1 cup japonica rice
- 2 cups low-sodium chicken broth
- 2 tablespoons butter
- 5 ounces shiitake mushroom caps, thinly sliced
- Kosher salt and ground black pepper
- 1/4 cup chopped shallots
- 3 cloves garlic, minced
- 2 ribs celery, diced
- 1 small yellow onion, diced
- 2 cups chopped or shredded cooked chicken
- 2 tablespoons chopped fresh marjoram or oregano
- 4 oz crumbled goat cheese

HEALTH & WELLNESS

Fighting pesky myths

SHUTTERSTOCK

The flu and colds may be the hottest topics around the water cooler this time of year, but a lot of what is being said is not always factual.

Here are some popular beliefs about the viruses and the truth behind them.

YOU CAN TREAT THE FLU WITH ANTIBIOTICS

False. The flu is a viral infection, not a bacterial one. Over-the-counter products can help lessen symptoms and antiviral products may help with the length of the sickness.

YOU CAN CATCH THE FLU FROM RECEIVING THE VACCINATION

False. "That's a common one and it's not true," said Dr. Irene Armstrong, associate medical officer of health at Toronto Public Health. "There are two different kinds of flu vaccinations that we give. Most people get the injection, which is made from pieces of the deadened virus."

FEED A COLD, STARVE A FEVER

False. You may find you have less of an appetite when you are sick with a common cold or with the flu, but proper nutrition is important and hydration is key. "I'm not sure where that came from, but it is a myth," said Dr. Mary Vearncombe, medical director of infection prevention and control at Sunnybrook Health Sciences Centre. "Hydration is really important to treat influenza and many other infectious illnesses. You really do need to keep your hydration levels up." *– Jaclyn Tersigni*

AN INTRODUCTION TO MASSAGE THERAPY

WORKSHOPS AT WELLINGTON COLLEGE

CONTRIBUTED

Are you looking for a unique Valentine's Day gift for your main squeeze this year?

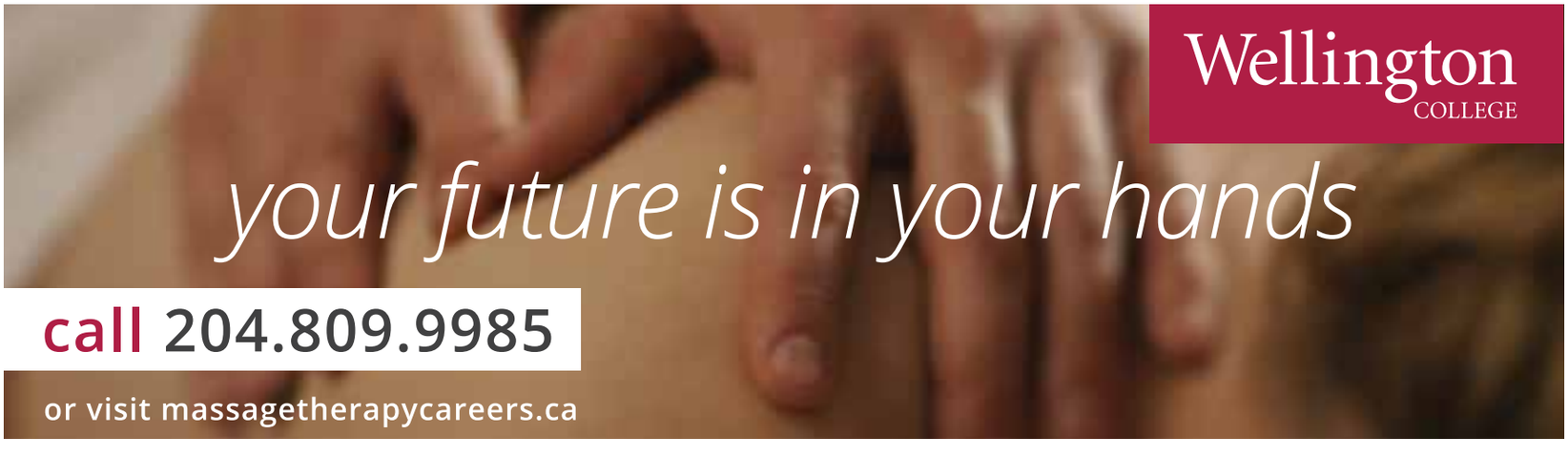
Consider signing up for Wellington College's intro to massage therapy workshop. The one-day (from 9 a.m. to 4 p.m. on a Saturday) program teaches the skills and confidence to give a good massage — and, of course, you practise on one another.

"We designed this intro workshop for anyone who is thinking of making massage therapy their career and wants to give it a try first," says Bri-Ann Timings, associate director of the program. "But it's also popular with people who just want to learn the basics."

Massage therapy uses different techniques to massage muscles in the body. It also affects circulatory systems and nerves while promoting health and well-being.

Wellington College is a recognized leader of massage education in Canada, offering full-time and distance education programs as well as specialty workshops.

Intro to massage therapy workshops are running Feb. 21 and March 21. In February, there is a special buy one and get the second one for half price special. Visit wellingtoncollege.com for more information.



Muscles by Meyers puts customers first

Are you suffering from stress, low energy, lack of sleep, digestive upset, or maybe you suspect you are missing out on proper nutrition?

Drop by the Muscles by Meyers store located inside Meyers Drugs pharmacy in downtown Winnipeg.

"These problems are often dietary related and we can help with that," says sports nutritionist Jon Chong, one of the experts who works at the store.

Muscles by Meyers has been specializing in sports nutrition, bodybuilding and natural health products for more than 35 years.

"We put our customers first and provide sound nutrition and supplement information," Chong says.

There are products in the store for everyone, whether they are just starting to go to the gym or are a high-level bodybuilding competitor.

"Some of our customers don't work out at all," Chong says. "They want to lose weight or they're vegan and want to make sure they're getting the nutrients they need."

The store carries a wide range of products, including multivitamins, meal replacements, protein powders, amino acids, weight loss/weight gain products, detox aids, digestive aids, fitness accessories, healthy snacks and protein bars, and more.

But it's the advice and knowledge that Chong and other nutrition experts in the store can provide that makes the difference.

"We provide nutritional and lifestyle consultations to help anyone who wants to improve their nutrition and physique. Even if you're not into hardcore strength training, we can make sure you're using the right protein shake or multivitamin for your lifestyle."

If you are interested in bodybuilding, there is lots of first-hand experience, too. For example, Chong and product specialists Bridget Ridley and Denise Fann have competed in bodybuilding competitions.

Muscles by Meyers sponsors athletes in the bodybuilding and fitness industry and other sports as well, and it alsos support local community events.

"We want to help customers improve their lives, and we can," Chong says.

FLEXIBLE SHOPPING

Can't get to the store in person? The Muscles by Meyers online store provides telephone and email consulting, too. Purchases more than $35 are delivered for free in Winnipeg and can be shipped all over the world. Prices are competitive, and there is free shipping within Canada on orders more than $99. For more, visit musclesbymeyers.com or call 204 943-1466.

Bridget Ridley, left, Lyall Meyers, store owner, and Jon Chong. CONTRIBUTED

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REV UP YOUR BODY'S METABOLISM

U WEIGHT LOSS CLINIC PROGRAM

The U Weight Loss Clinic™ program was developed by Canadian medical and naturopathic doctors. It is not a diet as such, but rather a program that focuses on education of the simple science behind safe and effective weight loss. More importantly, clients learn how to keep their weight off permanently.

"It is certainly not the antiquated formula of 'eat less and exercise more,' but rather a unique approach that focuses on revving up the body's metabolism and balancing the body's own hormones," says U Weight Loss Clinic representative Moira Quigg-Lee.

"Clients are always so shocked that every piece of food we eat stimulates either our body's fat-burning hormones or fat-storing hormones."

For example, when there is an excess amount of the hormone insulin, the body will naturally store fat. Quigg-Lee says that all carbohydrates are recognized at the cellular level as sugar and it is excess sugar in the system that spikes insulin levels, and thus weight gain.

The clinics provide thousands of delicious and simple-to-prepare recipe options that ensure hormones remain balanced. Clients can eat in restaurants, even fast food venues, or make their own recipes based on the program's simple principles.

Perhaps the biggest surprise is how much food one actually eats on this program.

Sarah Cornett before and after photos. CONTRIBUTED PHOTOS

SIMPLE FORMULA

"I tried and failed for years to lose the weight, but U Weight Loss Clinic™ showed me a simple formula that worked, and worked immediately," says Sarah Cornett.

"As an engineer, I like logic and numbers and the science behind the program appealed to me.

"I lost seven pounds my very first week and never looked back."

"In order to stimulate our metabolism, we have to eat three generous meals plus two snacks daily," Quigg-Lee says.

All programs are individualized, and one-on-one support by certified UWL health coaches has also contributed to the success of the clinics in Canada.

Clients rave about the program simply because it works.

"Our national average for weight loss is just under seven pounds in their first week and an average of two to three pounds per week thereafter," Quigg-Lee says.

For more information, call U Weight Loss Clinics at 204 487-4274 or 204 253-7148.

U weight loss clinics™

"I Feel Totally Amazing And Don't Miss Those 90 Lbs. One Little Bit!"

Says The Elated Brittany, Client At Local U Weight Loss Clinics™ Who Dropped 90 Lbs And 72 Inches In 32 weeks... From Size 18 To Size 6!

- After trying and failing so many times to lose weight, I finally understand how my body actually works.
- U Weight Loss Clinics™ truly have a UNIQUE science based approach to weight loss that is SO SIMPLE and provides such FAST RESULTS. They showed me how to combine my favourite foods in a way that REVED UP MY METABOLISM and BURNED FAT.
- I was SHOCKED by how MUCH FOOD I was able to eat and yet I DROPPED 8 LBS my FIRST WEEK. That was so inspiring for me...and in 32 WEEKS, ALL 90 lbs WE'RE GONE!
- I enjoyed ALL my favourite foods from bbq STEAK and CHICKEN STIR FRY'S to my most favourite MUFFINS. No pre-packaged food here. Simple recipes I put together or selected from the Thousands of quick easy recipes in the clinic. NOT ONCE, DID I EVEN FEEL LIKE I WAS ON A DIET.
- The Canadian Dr's who put this program together REALLY KNEW what they were doing. I NOW understand that everything I eat either stimulates a fun burning hormone in my body or a fat storing one...Frankly, I didn't even know my body HAD fat burning and storing hormones, never mind that how I ate affected them!!
- This Program was all about the SIMPLE SCIENTIFIC KNOWLEDGE behind weight loss and THATS what I was lacking, not discipline. (I used to eat so little food hoping to lose more weight...BOY WAS I WRONG!)
- With the fabulous support and knowledge from the U weight loss clinics™ here in GP, I am so much HAPPIER and healthier than I ever possibly imagined. Most IMPORTANTLY, it's just a lifestyle now so I won't ever gain those 90 lbs back. I HOPE my story can be AN INSPIRATION to anyone who has struggled as much with their weight as I did. DON'T GIVE UP! U weight loss will totally CHANGE YOUR LIFE!

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What's going on inside your body?

JACQUELINE KOVACS
For Metro

It can take hours to days before the associated miserable symptoms of a cold or flu take their hold. SHUTTERSTOCK

You may have a cold or the flu but not know it. That's because it can take hours to days before the associated miserable symptoms take their nasty hold, says Bryce Wylde, associate medical director of Toronto's P3 Health and host of TV's Wylde on Health.

Here is the inside scoop on what happens to your body when a cold or flu virus invades.

The virus finds its way in

"Whether it's a cold or flu virus, they are spread by droplets when people sneeze, cough, share a drink or by direct contact," said Wylde, explaining that both viruses ride on people's mucus secretions. "You are viral many hours to days before you express symptoms."

The attack begins

"Whether it's cold or flu, the virus hijacks the cells in our upper respiratory tract," Wylde said. But while a cold virus will primarily affect the nose and throat without actually killing the cells, a flu virus will often go deep into the lower part of the lungs and kill certain tissues.

Your body defends itself

"The immune system responds by signalling what are called inflammatory proteins, known technically as cytokines," Wylde said. "This is sort of like the generals in charge of your immune system yelling out to the troops, 'Attack, that thing is foreign.'"

And the action of cytokines is what causes you to start producing mucus, develop a fever, aches, pain, perhaps nausea and diarrhea — all in an effort to rid your body of the attacking flu virus. Milder in a cold, the immune defence reaction tends to be a runny nose and cough, but the goal is the same — eliminating the virus from the body.

"Colds can have so many different symptoms," Wylde said. "But with flu, which is more serious, what almost always happens is fever and a bad cough, as well as aches, pains and mucus secretion. Usually with a cold, you don't get a fever unless you're an infant."

You adjust your behaviour

You feel lousy — achy, tired, maybe nauseous, and you head to bed for badly needed rest. And that's just what you should do. "Recognize that sleep is the body's opportunity to heal itself," said Dr. Lisa Graves, chief of the department of family and community medicine for Toronto's St. Michael's Hospital. "Often, the messaging we get from our bodies when we're sick is that we're tired and we want to rest. This is one of those times when it can be useful to listen to your body."

And if your body says it's not hungry, Wylde said, that's OK, too.

"Eating causes the digestive system to use a lot of energy and can also distract the immune system."

That said, Wylde said staying hydrated by drinking water, green tea, soup and other fluids is essential. Symptoms such as increased mucus flow, vomiting, diarrhea and perspiration means you are losing lots of important fluids.

The worst is over

"Once your fever is starting to come down unaided that's the sort of crossover — you're winning the battle," Wylde said.

"Antibodies are designed by the body to recognize the virus, so as soon as it has invaded other cells, circulating antibodies give the immune system the heads up and they destroy the cell."

Colds, however, can linger because the immune response is less intense since the threat is less deadly, Wylde said. For that reason, too, it's hard to pinpoint when the virus has peaked.

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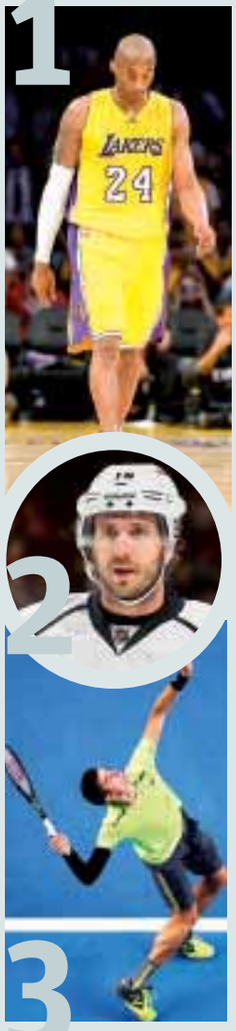
Sports in pictures



1 NBA. Kobe to have surgery

Kobe Bryant will have surgery Wednesday on his torn right rotator cuff, likely ending his 19th season and possibly his career with the Lakers. THE ASSOCIATED PRESS

2 NHL. L.A. lets Richards go

The Los Angeles Kings waived Mike Richards on Monday, finally breaking with the veteran centre, says an unnamed source. THE ASSOCIATED PRESS

3 Tennis. Milos ties record

Milos Raonic tied a Canadian record by reaching his third career Grand Slam quarter-final on Monday at the Australian Open. THE CANADIAN PRESS

Jets' progress not going unnoticed

NHL. Some of NHL's best starting to recognize Winnipeg as 'a team to beat'

The Winnipeg Jets have taken off and are on course to land in the playoffs, an experience their passionate fans haven't enjoyed in nearly 20 years.

"At this point in the season, obviously it becomes a little bit more realistic," left wing Evander Kane said. "But we don't pay too much attention to that. We're just focused on the 20-some-odd guys we have in the room and the job we need to do ourselves."

They've been doing that job well.

The Jets went 6-0-1 in their last seven games before the all-star break to take a firm grip on the first wild-card spot in the Western Conference into the final stretch. They're in fourth place in the daunting Central Division, five points behind leader Nashville.

"I love our room. We've stuck together all year. We had a tough start to the season," right wing Blake Wheeler said. "We've made a commitment to each other to just do the right things and stick with what works. I think we've put a lot of individual stuff behind us and just rallied around our team and our group and what we're good at. I think that makes playing this game with these guys a lot of fun."

Jets defenceman Dustin Byfuglien greets his former Chicago Blackhawks teammate Jonathan Toews during Sunday night's NHL all-star game in Columbus, Ohio. Byfuglien had an assist in the game, while Winnipeg's Toews had a goal and five assists. BRUCE BENNETT/GETTY IMAGES

Quoted

"We've definitely turned a corner up there. Our game has come a long way." Jets defenceman Dustin Byfuglien

The old Jets went one-and-done in the 1996 playoffs, their last year in Winnipeg before moving to Arizona to become the Coyotes. The NHL returned to Manitoba in 2011, but the franchise that floundered in Atlanta as the Thrashers has qualified for the post-season only once in 15 years (in 2007). The new Jets have been competitive most of the time, but this season the breakthrough has been obvious.

"They've been unbelievable this year. They're a big, fast, strong team. They play a good team game," Chicago Blackhawks defenceman Brent Seabrook said. "We played them three times now and lost to them all three times. They're tough games every time we play them. They're going to be a team to beat."

The professorial conductor of the success this season is coach Paul Maurice, who was hired a little over a year ago after the firing of Claude Noel. He has injected some liveliness into his relatively young team, pushing a punishing style with back-checking forwards yet enough speed and skill to play a puck-possession game.

All-star Dustin Byfuglien, now a permanent presence on the first blue-line pairing where he's most comfortable after spending some time on the wing, is 10th in the league with 144 hits. The Jets lead the NHL in penalty minutes. They're in the middle of the pack in scoring, with well-balanced production along the top two lines.

"They have a lot of meat on that team. They play hard. They play fast and they come after you. It reminds me a lot of our team," said centre Anze Kopitar of the champion Los Angeles Kings. THE ASSOCIATED PRESS

Football. CFL protocol for balls similar to the NFL

The NFL and the CFL may have different rules and play different styles of football, but they follow a similar protocol when it comes to inflating balls.

It's a touchy subject in the NFL these days as "Deflategate" continues to rage just before New England and Seattle meet in the Super Bowl. The controversy centres on whether under-inflated footballs used by the Patriots in their 45-7 AFC title win over Indianapolis gave them an unfair advantage.

While their size specifications differ slightly, footballs in both leagues must be checked by officials prior to the game.

And like the NFL, any CFL team using an illegal football or altering one during a game is subject to fine or suspension. THE CANADIAN PRESS

Ball pressure

12.5-13.5

Footballs in both the NFL and the CFL must be inflated to between 12.5 and 13.5 pounds per square inch.

Soccer. Solo no lock to make American squad

Goalkeeper Hope Solo faces the possibility of being left off the American roster for the Women's World Cup if she fails to complete tasks set for her by U.S. Soccer, which may include alcohol counselling.

The 33-year-old was suspended for 30 days last Wednesday for what the U.S. Soccer Federation called "an incident that occurred during the current WNT training camp" in Carson, Calif.

USSF president Sunil Gulati said Monday: "Look, that's possible." THE ASSOCIATED PRESS

American goalie Hope Solo has been suspended for 30 days. GETTY IMAGES

4 SPORTS

Former MVP stripped of glow in Seahawks' title defence

Super Bowl. Malcolm Smith relegated to special-teams duties after fumble recovery, interception in last year's big game

Malcolm Smith stood out for always being in the right spot.

He was waiting to corral Richard Sherman's fourth-quarter deflection for the clinching interception in the NFC championship a year ago to send Seattle to the Super Bowl.

His eyes were up and focused on Peyton Manning's fluttering pass that fell into his arms for a pick six in the second quarter of last year's Super Bowl. And he hustled downfield to be in position to recover a fumble in the second half, all of which added up to the former seventh-round pick becoming an unlikely Super Bowl MVP.

Fast-forward 12 months with the Seahawks back in the Super Bowl, and Smith doesn't stand out as part of this Seattle defence. Slowed by an ankle injury since the off-season, Smith is still an important part of Seattle's special teams but rarely sees the field on defence.

In Seattle's two playoff victories, Smith was in for two defensive snaps. Both were goal-line situations in the NFC championship against Green Bay.

"It hasn't been difficult at all. I'm part of a team; that's my role. I don't see it as anything different," Smith said.

"Of course it's hard not to get the reps in the game and be ready."

Smith was the surprise choice for MVP, highlighted by his 69-yard interception return for a touchdown in the second quarter that gave Seattle a 22-0 lead over Denver. Nearly anyone on Seattle's defence could have earned MVP honours after the 43-8 rout. Smith just happened to stand out a little more than anyone else.

Of course, being MVP came with all the trappings: the day after press conference; the parade with Mickey Mouse; a new truck. But for Smith, the only difference he felt was "people want to put mics in your face now."

"He's handled it great. I had no concern about that. He's had a lot of fun. It's been a great thrill to be able to represent as an MVP in that game. He got the truck and everything," Seattle coach Pete Carroll said. "He's worked like crazy and been there for us every step of the way." THE ASSOCIATED PRESS

Quoted

"As far as being a reserve player, I'm a seventh-round draft pick. It's not like I came in here a first-round draft pick." Malcolm Smith

As last year's Super Bowl MVP, Malcolm Smith got to party with Mickey Mouse. GETTY IMAGES FILE

Playing hurt

Browner: Take fight to Sherman, Thomas

Brandon Browner is telling his New England teammates not to hold back against Seattle's Richard Sherman and Earl Thomas.

In an interview with ESPN, Browner talked about the toughness both Sherman and Thomas showed in the NFC championship game playing with injuries. Sherman suffered a sprained elbow, while Thomas suffered a separated shoulder.

But Browner said he would also target those injuries.

"I'm going to tell my teammates go hit that elbow or go hit that shoulder," Browner said in the interview.

Asked if he would tell his teammates that, Browner said, "Most definitely."

"Try and break it if you can. You're going to be my best friend after the game, but at the end of the day I know you want the Super Bowl as bad as I do," Browner said.

Chasing post-season berths

With an eye on the playoffs, here's what Canada's NHL teams have to do to make it. The Edmonton Oilers are 20 points out of a playoff spot and are largely considered out of post-season contention.

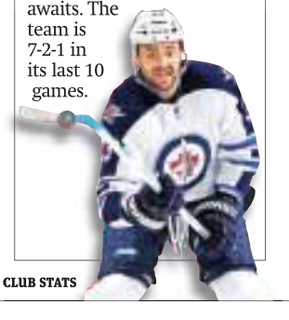
THE CANADIAN PRESS
Photos by Getty Images

Montreal Canadiens

Record: 29-13-3, 61 points; third in Atlantic Division
Chances of making playoffs: 98.8 per cent
What they have to do: Hope Carey Price stays healthy. As long as the goalie is on the ice and contributing, the Canadiens will be fine.

Winnipeg Jets

Record: 26-14-8, 60 points; first Western Conference wild card
Chances of making playoffs: 92.4 per cent
What they have to do: Don't let up, and the first playoff game in Winnipeg for this version of the Jets awaits. The team is 7-2-1 in its last 10 games.

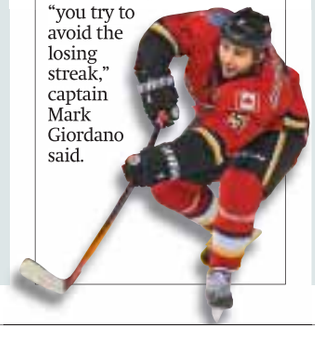


Vancouver Canucks

Record: 26-16-3, 55 points; third in Pacific Division
Chances of making playoffs: 92.4 per cent
What they need to do: Play better at home, according to all-star winger Radim Vrbata, talking about the Canucks' 11-8-1 record at Rogers Arena.

Calgary Flames

Record: 25-19-3, 53 points; second Western Conference wild card
Chances of making playoffs: 72.2 per cent
What they need to do: Beat the other teams in the hunt and "you try to avoid the losing streak," captain Mark Giordano said.

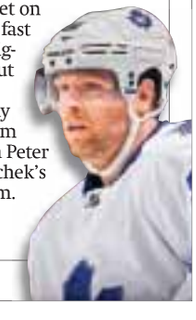


Ottawa Senators

Record: 19-18-9, 47 points; 10 points out of second Eastern Conference wild card
Chances of making playoffs: 16.7 per cent
What they need to do: Hope one of the current playoff teams falls off its current pace because erasing a 10-point deficit this late is almost impossible.

Toronto Maple Leafs

Record: 22-23-3, 47 points; 10 points out of second Eastern Conference wild card
Chances of making playoffs: 4.5 per cent
What they need to do: Get on a roll fast and figure out how to play interim coach Peter Horachek's system.



PLAYOFF CHANCES ARE FROM SPORTS CLUB STATS

AUGMENTED REALITY

Stuck on 12 Across? Scan this image with your Metro News app for today's crossword and Sudoku answers. It's OK. No one's watching.

→ See the full instructions on Metro's Voices page.

Horoscopes by Sally Brompton

♈ Aries
March 21 - April 20
Others have confidence in you so you must have confidence in yourself. Get used to playing a bigger role.

♉ Taurus
April 21 - May 21
You may have to do something that does not go down well with loved ones today but you know it must be done and will ignore any criticism that comes your way.

♊ Gemini
May 22 - June 21
You seem to be in two minds which way you should now be heading. The best thing to do is wait until the end of the week when your confidence will return and you are far more likely to make the correct decision.

♋ Cancer
June 22 - July 23
If you let partners take the big decisions today you will benefit both professionally and financially.

♌ Leo
July 24 - Aug. 23
You will get the chance to improve your position today but because your good fortune comes at someone else's expense you may hesitate to take advantage of it.

♍ Virgo
Aug. 24 - Sept. 23
Wherever you go, whatever you do and whoever you deal with rest assured you will be protected, so don't let your imagination run riot.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, moves into the wellbeing area of your chart today, making this the ideal time to take stock of your health and your fitness and decide what changes need to be made.

♏ Scorpio
Oct. 24 - Nov. 22
Think more about your own needs today, especially your creative and romantic desires.

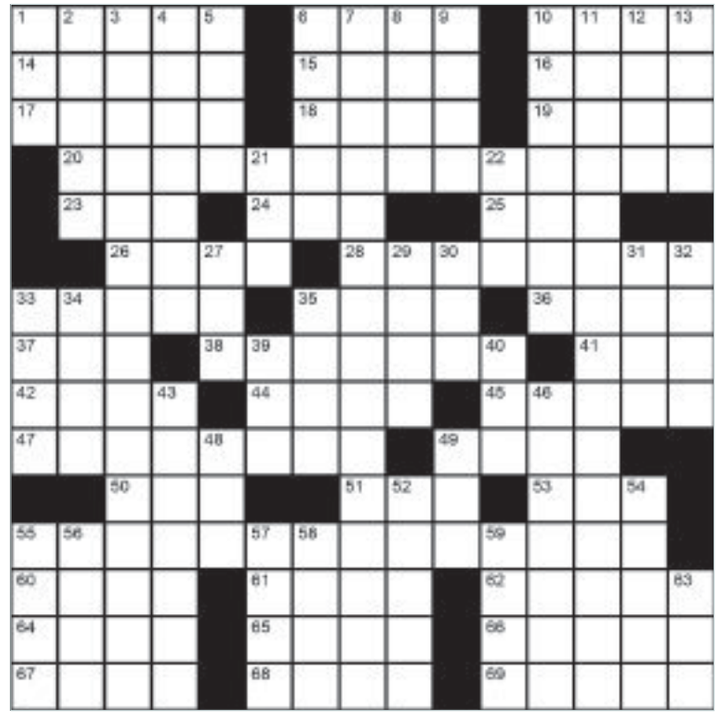
♐ Sagittarius
Nov. 23 - Dec. 21
If you listen to the advice of a well-connected friend you could make some serious money today.

♑ Capricorn
Dec. 22 - Jan. 20
The whole world could be against you now and it would not worry you in the slightest — your confidence is unshakable. Just be careful you don't overdo it and create rivals where none need exist.

♒ Aquarius
Jan. 21 - Feb. 19
You will get more than one opportunity to shine today, and you could make some money too.

♓ Pisces
Feb. 20 - March 20
Venus, planet of harmony, moves into your sign today and almost immediately you will feel a sense of relief. Mentally and emotionally you are far more balanced.

Crossword: Canada Across and Down by Kelly Ann Buchanan



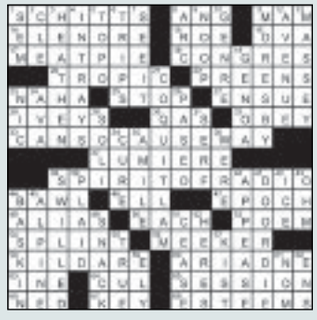
Across

1. "__ __ good bones." (Fixer-upper buyer's observation)
6. Actor Mr. Jannings
10. Silly
14. Like crooner Mr. Martin
15. Court
16. Obi accessory
17. French __ soup
18. __ Minor
19. Letter-writer's second li'l afterthoughts
20. "The Kids in the Hall" alum who created City TV's new comedy "Young Drunk Punk": 2 wds.
23. N. America country
24. US intelligence org.
25. Alley __ (Classic comic strip)
26. Also e-mailed to...
28. Overhauled
33. Held together with a workshop grip, say
35. Army garb, commonly
36. Prefix with 'dynamic'
37. 'Advert' suffix
38. Stoker's sucker
41. Nero's 551
42. "Born Free" (1966) lioness
44. Ailments
45. Stand-up's creations
47. Townsite known as 'Saskatchewan's Playground'
49. Dainty fabric
50. Not 'neath
51. Extinct bird
53. Pavarotti, Carreras e Domingo = I __ Tenori
55. Feathered message deliverers: 2 wds.
60. Q. "1989's 'Batman' ...was that _ __ Burton movie?" A. "Yes."
61. Land
62. Historic weapon
64. Ostrich-like bird
65. Reasonable
66. Ballet outfit material
67. PGA part, puny-ly
68. Civil or Electrical, e.g.
69. County in England

Down

1. Groom's promise: 2 wds.
2. A decade pre-AD, __ _ _
3. Barrettes, as examples: 2 wds.
4. Prevention quantity worth a pound of cure: 2 wds.
5. Bit of Justin T.'s old group
6. Dutch cheeses
7. Makeup application problem: 2 wds.
8. 'Arthr' suffix
9. French for 'the water'
10. Course completer's certificate
11. Movie munchies spoilers: 2 wds.
12. Richie's mom to Fonzie, __. _
13. Nonsense
21. Last gasp
22. Mauna __ (Hawaiian volcano)
27. Actor Mr. Byrnes
29. Flightless flappers
30. Book serial abbr.
31. __ Stanley Gardner (Detective novelist)
32. Two, in Portugal
33. Look
34. Ms. Fisher
35. LL Cool J's "Going Back to __"
39. Belonging to Providence's li'l state
40. 1977 Steely Dan album
43. Sweden-born/Canada-raised actress Malin
46. Ocean dweller
48. "__, _ don't know." (Beats me!)
49. Fall behind
52. Rexall Place player
54. Web purchase, say
55. Singer Irene
56. Olympians, e.g.
57. Feminine suffix
58. Reddish-brown
59. Renaissance family name
63. Oscar-winner Mr. Harrison

Yesterday's Crossword

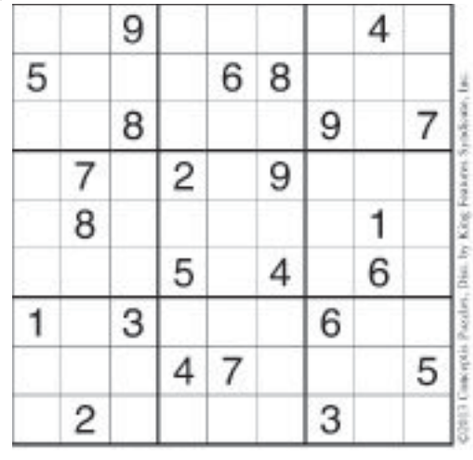


Online

See today's answers at metronews.ca/answers

Conceptis Sudoku by Dave Green

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



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Yesterday's Sudoku

3	7	2	9	1	6	4	5	8
1	9	8	4	3	5	2	7	6
5	4	6	8	7	2	1	9	3
7	5	4	2	6	3	8	1	9
8	6	3	5	9	1	7	2	4
9	2	1	7	4	8	6	3	5
6	1	9	3	2	4	5	8	7
4	8	7	1	5	9	3	6	2
2	3	5	6	8	7	9	4	1

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